



SCORECARD SPORT

NAME:

"GRIP & GRIT"

A) 5'AMRAP

- 16x D-DB Suitcase hold Walking lunges [2x15 kg / 2x9kg]
- 25x Double Unders

16	16	16	16	16	16	16	16	16	16
25	25	25	25	25	25	25	25	25	25
*41	*82	*123	*164	*205	*246	*287	*328	*369	*410

1' REST

B) 3'EMOM

- MAX Unbroken Toes To Bar

00:00-01:00	01:00-02:00	02:00-03:00
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SCORE A):

SCORE B):



SCORECARD ADVANCED / MASTERS

NAME:

"GRIP & GRIT"

A) 5'AMRAP

- 16x D-DB Suitcase hold Walking lunges [2x22,5 kg / 2x15kg]
- 45x Double Unders

16	16	16	16	16	16	16	16	16	16
45	45	45	45	45	45	45	45	45	45
*61	*122	*183	*244	*305	*366	*427	*488	*549	*610

1' REST

B) 3'EMOM

- MAX Unbroken Toes To Bar

00:00-01:00	01:00-02:00	02:00-03:00
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SCORE A):

SCORE B):



SCORECARD ELITE

NAME:

"GRIP & GRIT"

A) 5'AMRAP

- 20x D-DB Suitcase hold Walking lunges [2x22,5 kg / 2x15kg]
- 60x Double Unders

20	20	20	20	20	20	20	20	20	20
60	60	60	60	60	60	60	60	60	60
*80	*160	*240	*320	*400	*480	*560	*640	*720	*800

1' REST

B) 3'EMOM

- MAX Unbroken Toes To Bar

00:00-01:00	01:00-02:00	02:00-03:00
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SCORE A):

SCORE B):



SCORECARD

MIX ADVANCED / MIX SPORT

NAME:

"GRIP & GRIT"

A) 15'AMRAP – I GO / YOU GO

- 3-6-9-... Cal Row
- 3-6-9-... Wall Ball Shot [9kg / 6kg]

①	②	①	②	①	②	①	②	①	②	①	②
3	6	9	12	15	18	21	24	27	30	33	36
3	6	9	12	15	18	21	24	27	30	33	36
*6	*18	*36	*60	*90	*126	*168	*216	*270	*330	*396	*468

1' REST

B) TC – 5' MIN

- Find max weight for synchro complex
[1x Clean + 1x STOH + 1x Hang Clean + 1x STOH]

_____ kg _____ kg
_____ kg _____ kg

_____ kg _____ kg
_____ kg _____ kg

SCORE A):

SCORE B):